



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: THE GLUTEN FREE LAB

We love the arancini balls made by Perth based company The Gluten Free Lab! Covered in a crunchy crumb coating and filled with plant-based mozzarella - so tasty you won't want to share!



1. ARANCINI

WITH BAKED TOMATO BEANS

 20 Minutes

 4 Servings

 Plant-based

Golden crumbed arancini balls filled with melty plant based cheese, served with a tomato and capsicum bean tray bake and simple side salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
20g	20g	57g

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FROM YOUR BOX

GREEN CAPSICUM	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	1 punnet (200g)
BEANS	400g
BAKED BEANS	1 jar
THYME	1/2 packet *
ARANCINI BALLS	8 pack
FESTIVAL LETTUCE	1
AVOCADO	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, ground (or smoked) paprika, ground cumin

KEY UTENSILS

oven dish, oven tray

NOTES

For a richer flavour use smoked paprika in the beans.



1. COOK THE BEANS

Set oven to 220°C.
Roughly chop capsicums and halve cherry tomatoes. Toss together with tinned beans (drained), baked beans, thyme leaves, **1 tsp paprika**, **1 tsp cumin** and **1 tbsp olive oil**. Season with **salt and pepper**, bake for 15 minutes (see notes).



4. FINISH AND PLATE

Serve arancini at the table with tray baked beans and salad.



2. BAKE THE ARANCINI

Place arancini balls on a lined oven tray. Bake in oven for 10-15 minutes until golden and warmed through.



3. PREPARE THE SALAD

Roughly tear and rinse lettuce. Slice avocado. Place in a bowl, drizzle with **olive oil**. Set aside.